# **Community Resources**



Simply call 2-1-1 to access information about area resources that can help resolve a variety of basic life needs and personal issues.

- Food
- Shelter
- Child and Elder Care
- Health Care
- Crisis Intervention
- Alcohol/Other Drug Abuse
- Mental Health
- Financial and Legal
- and much more



You can also reach 2-1-1 @ IMPACT by dialing 1-866-211-3380. Free and confidential, 24 hours a day, 7 days a week. 2-1-1 @ IMPACT is funded by United Way of Greater Milwaukee and Milwaukee County.

#### Food

Food Stamps - See Food Share, Badger Care, Etc

WIC 769-2229 (City of Cudahy Office) 329-5243 (City of Greenfield Office)

Provides Food Vouchers and Nutrition Information to low-income Pregnant Women and Children up to age 5. Clinic offered at the Cudahy Health Department on Wednesdays, Thursdays and Fridays, Greenfield Health Department on Mondays and Tuesdays. Call for an appointment

## Food Pantry- Project Concern of Cudahy – St. Francis 744-0645 Corner of Plankinton Ave and Kirkwood Ave

Food, Clothing, and Household Items available to low-income families. Also helps area residents to connect to resources for: Food Stamps, Medical Assistance, W-2 (The Wisconsin Works Program – UMOS)

Hours: Monday 9am to Noon and 3pm to 6pm,

Wednesday and Friday, 9am-noon, Monthly the 1<sup>st</sup> Saturday 9am-11am.

## Clothing Bank & Emergency Service 483-2685

The Family Life Center @ Saint Stephen's, 5880 So Howell Ave, Milwaukee, WI 53207

The Clothing Bank has infant and children's clothing sizes 0 to 6 years.

Hours: Monday and Wednesday 3pm to 5pm.

# Call to let us know you will be visiting the Clothing Bank.

Emergency formula, baby food and diapers are available. Please call 483-2685 to insure we have the item you are looking for. Formula and baby food supplied by Hunger Task Force.

## **Food Share – Badger Care, Etc**

Food Share, BadgerCare Plus, Medicaid(Title 19), Caretaker Supplement, WI Shares(Child Care) Effective 07-01-2009 individuals who need to report changes to their case can do so online @ <a href="https://www.access.wi.gov">www.access.wi.gov</a> or Call/Change Center @ 1-888-947-6583 (voice) or 711 (TTY).

Effective 07-01-2009 for customers who need to schedule an appointment or to check on child care eligibility & authorizations call 414-289-6464

Effective 07-01-2009 Mail or fax your verification / proof to: Milwaukee Enrollment Services Center (MILES), P O Box 05676, Milwaukee, WI 53205-0676 FAX: 414-438-4580

#### **Rent Assistance**

Rent Assistance Program – Milwaukee City 286-5650 Fax 286-5094

5011 W Lisbon Ave, Milwaukee Mail to: P O Box 324, Milwaukee, WI 53201

Milwaukee County Rent Assistance Program has no funds for the next 2 to 5 years 278-4894

### **Legal Advice**

Landlord Tenant Automated Hotline (Offers legal advice on landlord tenant issues.) 272-6952

**Legal Aid** (Legal services for low-income persons.) **765-0600** 

**Legal Action of Wisconsin** (Legal services for low-income persons.) **278-7722** 

### **Energy Assistance**

## **Wisconsin's Home Energy Assistance Program**

WI Seasonal Energy Assistance Available 866-432-8947 or WE Energies 800-242-9137

Income Guidelines apply. Will need proof of income, social security cards for everyone in household, current year's energy bills, etc. Can apply between Oct 1<sup>st</sup> thru May 15<sup>th</sup>.

To arrange payment terms with WE Energies 800-842-4565

Milwaukee County Energy Assistance 289-6146

### **Domestic Violence**

#### **Domestic Violence Hotline**

**Sojourner Truth House** (Hotline, Emergency Shelter) **933-2722** 

Milwaukee Women's Center Crisis Line (Hotline, Emergency Shelter) 671-6140

#### **Sexual Assault**

#### Sexual Assault Treatment Center

219-5555

Provides services to anyone who has experienced a sexual assault or sexual abuse. Nursing services, social work, and advocacy. Services available to survivors regardless of when the assault or abuse occurred.

### **Parenting**

Parent Helpline- The Parenting Network (Parenting support, information, referrals) 671-0566

#### **Respite Care- La Causa**

647-5971

Offers free respite care for 2-72 hours depending on the circumstances.

#### **Recreation Programs**

## The Family Life Center at St. Stephen's 483-2685

Parenting education, support groups, parent-child playgroups, home visitation for parents of children Birth to Age 3.

**Cudahy Recreation Department** 769-2330

Family recreation programs

Bay View Community Center 482-1000

Family recreation programs

## **Nearby Health Departments**

Cudahy Health Department	5050 S Lake Dr	769-2239
Milwaukee Health Department(Southside Cntr)	1639 S 23 <sup>rd</sup> St	286-8620
Oak Creek Health Department	8640 S Howell Ave	768-6525
Saint Francis Health Department	4235 S Nicholson Ave	481-2300
South Milwaukee Health Department	2424 15 <sup>th</sup> Ave	768-8055

#### Health

Free Clinic - Packard Avenue Free Clinic

5854 S. Packard Ave., Cudahy Tuesdays 6:00PM-8:00PM

Walk-in Health Care Clinic for families with no health care insurance.

(No pregnancy testing, no birth control, no STD testing)

<u>Free Clinic</u> – 16<sup>th</sup> St Community Health Center 672-1315 1032 S 16<sup>th</sup> St., Milwaukee Mon-Wed 8:30-7, Thurs-Fri 8:30-5, Saturday 8:30-12

Free Clinic – Greater Milwaukee Free Clinic 546-3733

9330 W Lincoln Ave. #10, West Allis **Tuesday & Thursday Evening 5:30** 

Registration is first come first served.

Clinic is for the working uninsured. Income guidelines apply.

Free Clinic – Open Door Free Clinic – Unity Church Call/Dial 414-481-1778 for clinic dates **Lutheran Unity Church, 1025 E Oklahoma Ave, St. Francis** 

(Sign in time is 5:30pm & patients taken 6:00-8:30pm) Website: www.opendoorfreeclinic.org (No well child exams, immunizations, prenatal, obstetric/gynecological, contraceptive services, pregnancy/abortion counseling, emergency care, suturing or casting. STD/HIV testing/treatments)

STD Testing

Free Testing: BESTD Clinic (Brady East STD Clinic) 272-2144

1240 E Brady St, Milwaukee

Basically for men – will screen for Hep B, HIV & Gonorrhea/syphilis in women.

Free Testing: Keenan Health Center 286-3631

3200 N 36<sup>th</sup> St, Milwaukee

Monday & Thursday 11am-7pm; Tuesday, Wednesday, & Friday 8am-4:15pm

Men & Women.

**Testing based on Income: Planned Parenthood** 

1674 S 9<sup>th</sup> St. Milwaukee 645-8383 2207 W Wisconsin Ave, Milwaukee 931-8181

**Health Insurance See Milwaukee County Outstation Listings** 

**Reproductive Health: Planned Parenthood** Birth control, reproductive health and STD services

1674 S 9<sup>th</sup> Street 645-8383 2207 W Wisconsin Ave 931-8181 2239 S 108<sup>th</sup> Street 541-2772 302 N Jackson (Admin) 271-8045

Smoking Cessation: Quit Line 1-877-270-STOP

Offers counseling and resources for persons wanting to guit smoking. Free nicotine patches for persons 65 years and older.

**Dental Health** 

**MATC Dental Hygiene Clinic** 297-6573

Teeth Cleaning, X-rays, Sealants, Fluoride Treatments for minimal fee.

769-2239 **Cudahy Health Department** 

Immunizations, lead testing, child car seat inspection, sharps disposal, home visits and community resources available to residents of Cudahy.

**Child Support** 

Child Support Enforcement 278-5160

### **Breast Feeding Assistance**

### La Leche League

Up-to-date meeting information can be obtained through local leaders, current contact information is available at lalecheleague.org or contact 1-800-LALECHE.

Telephone support, monthly meetings, and lending library for breastfeeding mothers and pregnant women interested in breastfeeding.

The Labor and Delivery Floor where you delivered your child

### **Education/ Child Care**

Head Start 482-0101

Free preschool program for children ages 3-5 years old who are low income or have special needs 5885 South Packard Avenue, Cudahy, WI 53110

**Cudahy Public Schools** 

294-7400

Half-day four year kindergarten program open to all children, full-day five year kindergarten program.

4-C, Community Coordinated Child Care 562-2676

Complete listing of Licensed & Certified Group & Family Child Cares in your area. Fee is waived for low-income persons.

### **Children with Special Needs**

#### **Birth to Three at Curative**

744-7630

Special education including speech therapy, occupational therapy, and physical therapy for children birth to age three with special needs.

**Cudahy Public Schools** 

294-7400

Early childhood program for children 3 and older with special education needs.

Children with Special Health Care Needs 266-6333

Lending library with books, articles, audiovisuals, listing of websites, Parent Support Groups, Parent Training for families of Children with Special Health are Needs

**Social Security** 

1710 South 7<sup>th</sup> Street 800-772-1213 6251 W Forest Home Ave 800-772-1213

Application, discussion of benefits and lost card. Website: www.socialsecurity.gov

## **Services for the Elderly**

## **Department of Aging**

289-6874

Community Care Options, Investigation of Elder Abuse, Referrals to other programs like meal programs.

Interfaith 483-4474

Transportation, friendly visitor program and referral to other services such as senior housing.

**Kelly Senior Center** 6100 S. Lake Drive, Cudahy **481-9611** 

Meal service and social opportunities

Life Line 1-800-543-3546

Safety service for the elderly and disabled.

Updated 07/01/09 Cudahy Health Department

community resources list